

**"The FUTURE is a concept, it doesn't exist.  
There is no such thing as TOMORROW.**

**There never will be, because  
TIME is always NOW.**

**That's one of the things we DISCOVER  
when we STOP TALKING to ourselves  
and stop THINKING.**

**We find there is only  
PRESENT,  
only an ETERNAL NOW."**

**- Alan Watts**

Time is a social institution and not a physical reality. There is no such thing as time in the natural world - the world of stars and waters, clouds, mountains and living organisms. There is such a thing as rhythm - rhythm of tides, rhythm of biological processes... There is rhythm and there is motion. Time is a way of measuring motion.

*— Alan Watts —*